



## Servants in Action

A Christian Education Newsletter

January 2012– December 2012 Edition

### **"THERE IS A HARVEST IN YOU"**

*Pastor L. B. West, D.R.S.*



2 Corinthians 9: 6-8:

*<sup>6</sup>But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully. <sup>7</sup>Every*

*man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver. <sup>8</sup>And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:*

I've spoken of my in-laws regarding their meager economic status and how when they were working they never made a lot of money and they live in a very modest home but yet they always seemed to have more to give than one would expect.

They've been retired for the last 15 to 20 years and are still able to give more to most of their children, grand children and great grand children than their children are able to give to them. I used to wonder how they were able to give so much even on their limited income in their retirement. After reading 2 Corinthians 9: 6-8, I began to understand that inside of them was and is a harvest.

First I need to tell you that how you treat your treasure or how you treat your money is a reflection of how you treat yourself. It sounds philosophical but the truth is your treasure/your money is tied to your self esteem. That's why many people have gone into debt buying things they don't like to

impress people who don't like them, all because of their lack of good self esteem. If we follow that reasoning then it stands to reason that one could ask the question, if how I spend my treasure is connected to my self esteem then what am I saying about myself when I fill out my church envelope? If my treasure is connected to my faith and I don't trust God with 10% of my income, how much do I trust Him with my identity? And if how I spend my treasure is connected to my self esteem and time is money then what am I saying when I only give God 5% of my time in prayer and less than 5% in study of the Word?

While this article may be uncomfortable for those who don't tithe or for those who have justified whatever they give as a tithe though it clearly falls well short of God's definitive definition of tithing, the fact is beloved, I would rather for us to be uncomfortable now in the beginning of this disciplined Lenten season so we can get it right before Resurrection morning kicks off a brand new beginning.

Whether we want our finances connected to our identity or not the fact of the matter is that the scripture is right that wherever a person's treasure is there their heart is also. Many people don't really love God; they just have a crush on Him. You see anyone you love you don't have to query or negotiate with them about how much you're gonna spend on them.

Once you fall in love with God, it's your love for God that will cause you to take the principle of tithing seriously and it'll begin to reverberate in every area of your life. That's when you'll discover that in you there truly is a harvest ready to blow up.

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There is a story of a man named Amedo Obici who after his father died came to live with his uncle in America at the age of 11 on a ship from Italy with nothing but a bag of peanuts which his mother informed him would last him the whole ten days it would take to travel from his homeland to America. Before leaving, his mother cautioned him to save 10% because “you don’t know what’s going to happen when you finally reach America.”

This young man, 11 years old traveling alone to a country he knew nothing about, found himself eating just a few peanuts a day, selling the rest but always saving the 10%. Amedo could not speak English so his destination was written on a label tied through a buttonhole on his coat. After arriving to America, Amedo was misdirected and ended up in Wilkes-Barre Pennsylvania where he met another Italian family that could translate for him and help him reach his uncle. While in Wilkes-Barre, Amedo worked for the family who had a peanut roaster. As peanut roasters were expensive Amedo made his own roaster out of rudimentary parts.

Amedo having no formal education but using the principle of tithing (saving 10%) after moving to Suffolk Virginia with his wife founded the Planters Peanut Corporation.

Because he saved 10% and worked hard, Amedo could bring his entire family to America and he employed some 32 people because he used the principle of tithing. Where would he have been if he had eaten all his seeds? Perhaps he would have been satisfied for the moment but he would not have been sustained for the rest of his destiny nor would the next generation of his family.

Many people today are eating all their seeds and yes getting immediate gratification but they have little or nothing to leave for the

next generation. God wants His people, His vessels to sow our seeds so the next generation won’t have to work so hard. He wants us to bear the fruit and that our fruit might remain for generations to come. Some parents have little to share with their children because they’ve been too busy eating all their seeds.

2 Corinthian 9:6 says, “He which sows sparingly will also reap sparingly. He which sows generously will also reap generously.” A lot of people are yearning for this to be their season for harvest but they must answer the question, what did they sow? Any harvest that’s God ordained cannot be withheld because the Bible says, “Give and it shall be given unto you, good measure, pressed down, shaken together and running over.

That’s why anyone living in the overflow life is not jealous of anyone else because they are the benefactors of sowing and reaping. But that’s also why we ought to stay away from jealous people. You see jealous people probably never planted. If I plant, I won’t be jealous of your harvest because I know I’ve got a harvest coming too. And tell me this, how can I be jealous of someone for something I can’t handle? The reason I say I can’t handle it is because what’s yours is yours and there’s nothing I can do with it.

A cup filled with water is never jealous of a pitcher filled with water. A pitcher that filled with water is never jealous of a refrigerator that’s filled with water. A refrigerator is never jealous of a swimming pool and a swimming pool is never jealous of a lake because each can only hold what it can hold. If you don’t have it, maybe God knew you couldn’t hold it.

There are some things God hasn’t given you yet because you haven’t shown that you can hold them yet. He has to see if He can trust you with a little bit before He lets you

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handle your real harvest because He knows what He put in you.

Some people are making more money now than they ever have and their still robbing Peter to pay Paul. They promised God, “When I get my increase I’m gonna give you the first fruits.” But when they got the increase their standard of living changed; they bought a new car or new furniture and then began to say, “I can’t afford to give.” Brothers and sisters, I just need to tell all of God’s children, you can’t afford not to give. Verse 6 is really there for us to observe **the principle**: what you reap is a direct result of what you have sown.

Verse 7 helps us to understand **the practice**: give cheerfully. The practice assures us that God forces no one to give.

He says, I want you to give not grudgingly, not sparingly, not out of necessity, “for God loves a cheerful giver.” There are 3 spokes connected to the wheel in verse 7.

The first one is, **You will always reap more than what you sow.** The young man from Italy planted one peanut and from one peanut a bushel of peanuts grew. That’s because God is trying to prove to all that you just can’t beat God giving, no matter how hard you try. Whatever you give, God has a way of multiplying it. A farmer never says to himself, what am I going to lose; he always says to himself, what am I going to gain after I plant this seed?

Second, **Know that you always reap what you sow.** Ask yourself this question, what have you been sowing? If you’ve been sowing seeds of mistreating others then your harvest will include being mistreated by others. If you’ve been sowing seeds of discord then your harvest will be of discord. On the other hand if you’ve been sowing seeds of encouragement then your harvest will be filled with encouragement. Whatever you sow, that is what you will reap.

Brothers and sisters, I declare unto you that harvest time is coming! Whatever you’ve been planting so far this year is getting ready to come into full bloom. So my attitude this year is to sow more in order that the harvest in me will come forth in its fullness because you reap what you sow.

The third thing to understand is that, **The harvest is connected to the soil.** You have to place the right seed in the right soil. Different places are known for different things, Idaho is known for potatoes, Hawaii is right for pineapples; Mississippi is right for cotton and the soil in Georgia is right for peanuts, peaches and pecans. Each one of these places carries different soil that is conducive for different things.

But for what is the soil in the house of God right? Well this soil will grow you peace of mind, health, sanity and the desires of your heart. Everything you need is incorporated within this soil. Be a witness and let everyone know that since you have been coming to this farm, God has been raising up some blessings you thought you would never have received-but great things grow in this soil. Connected to what happens to the soil is the climate. In order for things to come into full bloom, you have to be in the right climate. The climate has to be right and in order for a harvest to take place I have to anticipate rain.

Sometimes people get upset when rain begins to fall but in a very real sense a harvest won’t be much of a harvest if some rain does not fall. For the sower, when rain falls that’s not the time to get an attitude, that’s a good time to shout. Our tears wet the soil. Our tears help to turn the seed upside down that’s why every now and then you ought to thank God for the storms. What the enemy does not realize is that storms are watering my seed.

The Lord uses difficult situations to bring forth a harvest, therefore when you see rain,

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don't be so quick to pick up an umbrella. The umbrella blocks the rain. Go ahead and dance in the rain. Dance not because you want to get wet but dance because you realize the harvest is coming. Dance because you know that after the rain comes the harvest.

Verse 8 says, "And God is able to make all grace abound toward you that you always having all sufficiency in all things may abound to every good work." Many people are looking for prosperity in the wrong places. They've been looking for signs of favor in their bank account; they've been looking for signs of favor by the type of job they have. Your ultimate harvest is inside you. There is a real sizable harvest on the inside of you and on the inside of me. When you get this principle down-pat and begin to practice it, harvest time for you will maintain a continuous flow.

Everything you touch will blow up. Everywhere your foot treads will be a blessing to you and yours. Even people who are connected to you will benefit from your harvest. The seed in the bag is separated from other seeds and planted in its soil because the crowd can hinder your growth and development. The crowd can keep you from realizing your harvest.

Your seed was placed under the dirt and packed in tight in the darkness so the seed could not move. Some of you have seeds that have been planted under the dirt in utter darkness and you could not see your way out, but while you were underground something happened, you felt your outer shell begin to break. You felt something move out from you and begin to take hold going deeper in the soil; taking root. At the same time you felt something within you reaching up all because you're planted in the right place, receiving the right nutriment from the right soil when the climate is right. It's the principle of sowing and reaping but there's also the principle of identity. A seed

must understand that while I was born a seed I will not remain a seed. It doesn't matter what socio-economic state in which you were born-that is not the final chapter of your life. The caterpillar was not born to remain a caterpillar. A caterpillar that understands destiny will say, while you're looking at me now don't get stuck on what you see for soon I'll be flying as a beautiful butterfly. You see for a caterpillar it's just a matter of time before his change comes. It's just a matter of time before he enters into his cocoon for a specified period of time to be removed away from the crowd in order that it might go through its period of transformation.

That's what happens to a seed. It gets planted away from the crowd and it's just a matter of time before the seed begins its metamorphosis and it is transformed into something that looks totally different than it did before. After the seed goes through it has to look different because it now must take on a new task of bearing much fruit. Not only does the seed look different but the seed is different. It has a new responsibility and a new obligation.

The harvest that is coming cannot be described. In the last verse of this chapter God is thanked for an indescribable gift. What is indescribable? It is something that eyes have not seen and ears have not heard; it's no one in my family that has anything like this. Friends can't even define it.

When God sends your harvest it won't look like mine and vice versa. Inside of me and you is a great Harvest. When I look at where the Lord has brought me from, I know that inside is a great harvest. When I see what the Lord is doing with my life and yours then I know that inside there must be a great harvest.☐

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## Congratulations High Voltage on a Great Season!

by Sister Denise Lewis



I am delighted to report that Mount Airy's *FIRST* Tech Challenge Team – **High Voltage** received and accepted an invitation to the Maryland State FTC Championship Tournament. We competed on Saturday, February 25, 2011 at the Johns Hopkins Applied Physics Lab in Laurel, MD. Out of a total of 32 of the best teams from DC, Maryland and New Jersey, we were among six teams from the District of Columbia that qualified for the championship, including H.D. Woodson High School, McKinley Technology High School and Sidwell Friends (3 teams).

Congratulations to the team members listed below who have worked hard and represented our team in the best manner:

1. DeAndre Agee
2. Aaron Lewis III
3. Tiara Smith
4. D'Angelo Williams

Our team's robot "Striker" looked and functioned better than in our qualifying event. We participated in five out of six scheduled matches. We finished the day with a Rank of 16 (out of 32 teams). Our last match was our best EVER, with Striker carefully guiding 44 balls and three crates

(including two stacked crates with racquetballs intact) into the scoring zone. This team really enjoys each other's company, and their level of comfort and enthusiasm were infectious to everyone who came into their presence.

This was our sixth event and second consecutive state championship. We enjoyed the entire day, proudly wearing bandanas and hats from the **Williams** family. We could not have survived without our Chick-fil-A lunch compliments of the **Agee** family, and the **Smith** family (who brought us our lunch to allow the team to work on the robot, took lots of photos, cheered on the team in the audience and joined us in a line dance or two.) We thank **Mr. Lewis** for his support at the end of the event and helping us transport our field and equipment back home.

We thank **FTC Team 5298 – The Engineering High Council** for their support and valuable design suggestions. I'll be in Richmond on Saturday supporting our sister team as they compete in the Virginia State FTC Championship.

Please visit

<http://www.mdfirst.org/programs/first-tech-challenge/fcevents/2012-ftc-championship/2012-ftc-championship-results.html> to view over 400 pictures from the event.

Take care, thanks for your prayers and support. We are going to have an AWESOME team next year, so recruit some friends and continue to work on the basics: refining and documenting the engineering process, learning LabVIEW and CAD.☐

## ROBOTICS MINISTRY ON THE MOVE

by Sister Denise Lewis



Congratulations to the Mount Airy in Action Robotics

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**FIRST Tech Challenge (grades 8-12) – Team #3411 High Voltage** who participated in the FTC Qualifying Event at Marriotts Ridge High School in Mariottsville, MD on **Saturday, February 4, 2012**. This was our fourth competition and featured the “**Bowled Over**” challenge.



Four of our hard working FTC team members – **AJ, D’Angelo, DeAndre** and **Tiara**, grandparents, parents and siblings made the drive to up to Howard County and braved a few snowflakes to compete. Team members completed hardware/software inspection and presented our engineering notebook and robot before a panel of judges. The team’s robot was on the floor for all six scheduled alliance matches.

Our team’s robot “Striker” passed inspection after clearing up some software issues. This is the first time that our team competed using LabVIEW for LEGO Mindstorms software.

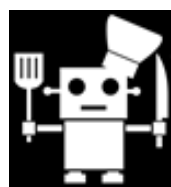
The judges complimented the team on a good, solid, robust robot and good recovery from initial obstacles. We need to work on a more complete robot, having first matches execute properly, scoring more points and keeping up our energy (even when things are not going our way).

At the end of the day, our team was recognized as a finalist for **The Motivate Award** (for the second consecutive season). The Motivate Award recognizes

outstanding team spirit shown through costumes and outfits, team support, and other methods of standing out and raising attention. The award also recognizes teams that reach out to their schools and community to raise awareness of FIRST in a variety of cool and inventive methods. Thanks **DeAndre** for serving as our team mascot!

We received our first trophy! We were recognized with **The Judges Award**. The judges awarded our accomplishments for community outreach and spreading the mission of *FIRST* in Washington, DC.

**Team #3411 High Voltage** will participate in the FTC State Championship at Johns Hopkins Applied Physics Lab in Laurel, MD on **Saturday, February 25, 2012**. This will be our second competition at the state level.



**Robotic Chefs**

The Mount Airy in Action Robotics **FIRST LEGO League (ages 9-14) – Team #643 The Robotic Chefs** participated in the FLL Qualifier – Fairfax 1 at George Mason University on **Saturday, November 17, 2011**. Please join me in congratulating **Russell and Jacob**, members of **FLL Team 643 – The Robotic Chefs** on their performance. It could not have been done without the help of our coaches and mentors: **Roger Legerwood, Pat and Russell Price, and Aaron Lewis, Jr. ... THANK YOU!**



This year's challenge was "**Food Factor**". Our team was challenged to improve the quality of food by finding ways to prevent food contamination. The team examined contamination that **pizza** encounters – from exposure to insects and creatures, to unsterile processing and transportation, to unsanitary preparation and storage – then we had to find ways to prevent or combat these contaminants.

The team's highest score in Round 2 was 82 (five missions). Their team research project (E.Coli Killer), robot design and teamwork presentations were well received by the judges. This is our sixth FLL season and this is the **BEST overall performance in a competition** that I have observed for a Mount Airy FLL team.

The team celebrated on Wednesday, November 30<sup>th</sup> with a pizza party (what else?). The Robotics Chefs have been on a well-deserved break and will begin off season meetings on **Wednesday, March 14<sup>th</sup>**. New FLL team members ages 9-14 are welcome to join us.



The Mount Airy in Action Robotics **Junior FIRST LEGO League (ages 6-9) – Team #45 "The Sugar Power Rangers"** will participate in the Jr.FLL Expo at the *FIRST* Robotics Competition Washington DC Regional on **Saturday, March 31, 2012**.



Six Jr.FLL team members – **Ayinde, Isaiah, Madison, Quiana, Quincy** and **Tiffany**, are working to master the science of safely preparing food. In the 2011 **Snack Attack** Challenge, our team is taking a "hands on" approach to the topic of food safety by exploring how proper preparation and storage can help keep us healthy. Teams will learn about simple machines as they build a model made of LEGO® elements with a motorized moving part, and will create a team Show-Me Poster to represent their Snack Attack findings and the sugar in their favorite snack – **cupcakes!**

We are thankful to God for his protection and treasure this opportunity. Special thanks to all of our parents and family members – we can't do this without your support. As always, we acknowledge **Pastor L.B. West, Dr. Phyllis Mayo (Christian Education Ministries, Trustee Aaron Lewis, Jr.** and our **Mount Airy family** for your prayers and continued support. ☐

### **MOUNT AIRY IN ACTION ROBOTICS/NSBE PCI**

We welcome students in grades K-12 to join our three robotics teams and our National Society of Black Engineers Pre-College Initiative Chapter. We meet on Wednesdays at 6:30 pm beginning on August 22<sup>nd</sup>. Applications are available in the kiosk in breezeway. We offer Junior *FIRST* LEGO

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League (ages 6-9), *FIRST* LEGO League (ages 9-14) and *FIRST* Tech Challenge (8<sup>th</sup> – 12<sup>th</sup> graders). NSBE activities include academic recognition, scholarships, Science Fair, Middle and High School Engineering Design Competitions, High School Try-Math-A-Lon, MATHCOUNTS, regional and national conventions, tutoring and college/career preparation. Contact: Sis. Denise Lewis for additional information. ■

## **SUBMITTING NEWSLETTER ARTICLES**

by Newsletter Ministry



*To submit something for the Newsletter, you need to...*

Submit your articles on a disk, thumb drive or CD in Microsoft Word format and leave in the ***Newsletter Box*** in the Church Office. Articles may also be e-mailed to [newsletter@mountairybaptist.org](mailto:newsletter@mountairybaptist.org). We prefer that articles be typed and limited to 220 words or ½ page due to space. **We will no longer accept hand written articles.**

**Articles Due:** Monday, February 25, 2013

**Next Issue:** Sunday, March 3, 2013

*The Newsletter Ministry reserves the right to edit all submissions.* ■

## **“SLACKER”**

by Deaconess Rena Agee

by [Cindy Hess Kasper](#)

Read: [Proverbs 6:6-11](#)

*How long will you slumber, O sluggard? — Proverbs 6:9*

While studying the book of Proverbs in my small-group Bible study, our leader suggested that we change the description of a lazy person from a *sluggard* to a *slacker*

(6:6-9). Ah, now he was speaking my lingo. I immediately started thinking of all the people I consider to be slackers.

Like the men and women who fail to teach and discipline their children. Or that guy who refuses to help around the house. Or those teenagers who neglect their studies and play Internet games day and night.

If we're honest, we're all susceptible to this. What about being a “prayer slacker” (1 Thess. 5:17-18), or a “Bible-reading slacker” (Ps. 119:103; 2 Tim. 3:16-17), or a “non-exercising-of-our-spiritual-gift slacker” (Rom. 12:4-8), or a “non-witnessing slacker”? (Matt. 28:19-20; Acts 1:8).

If we are not doing what we know God wants us to do, we are certainly spiritual slackers. In fact, when we refuse to obey God, we are *sinning*.

Listen to these challenging and convicting words from the book of James: “It is sin to know what you ought to do and then not do it” (4:17 NLT). Let's not be spiritual slackers.

When we know what God wants us to do, but then we refuse to obey, We're ignoring the voice of the Lord,

And sinfully choosing our way. —Sper

**We may make excuses for not obeying God, but He still calls it disobedience.**

<http://odb.org/2012/02/21/slacker/>■

## **Pastor & Mrs. West Celebrate Ten Years at Mount Airy**

by Newsletter Ministry

As we reflect on the past ten years we truly possess “*an attitude of gratitude*” for God for sending Mount Airy our Pastor and First Lady. This dynamic duo has worked


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diligently for the Lord and has led this Church to higher heights in serving Him.

The 2012 Pastor's Anniversary Committee under the leadership of Deaconess Ramona Branch Oliver planned a royal anniversary jubilee.

The Anniversary Celebration activities included: First Lady's Tea, an Ole Time Religion worship service (Wednesday evening), Youth worship services (Friday evening) and ended with a formal banquet at Martins Crosswinds. A souvenir booklet was also available to capture each event.

The Anniversary Committee presented an authentic painting of Pastor and Mrs. West at the Anniversary Banquet.

Photos may be viewed on the Mount Airy website on [www.mountairybaptist.org](http://www.mountairybaptist.org).

**THE 119TH ANNIVERSARY OF MOUNT AIRY BAPTIST CHURCH: "Generations Moving Forward...Legacy, Love Following God Out of the Past into the Future"**

*by Dr. Robin Kelley*

For over 119 years, the Mount Airy has existed, first starting out as a gathering of God fearing souls to pray for a sick member, then through wars and terrorists attacks, the church has stood fast. Specifically, we have existed since 1893; that is just 28 years after the US Civil War, ended, and now through the Iraq and Afghanistan conflicts. We are proud to have had members who served in combat for this country as part of our legacy.

This year, the anniversary was extra special because occurred the year that marked the end of the Iraq war, so as part of our efforts during the Memorial Sunday, June 3<sup>rd</sup>, we recognized our members who had served in the Armed Services. We had many of those veterans lead us during that service, such as

as Deacon Teddy Hale did as the worship leader, as Reginald Wood and Michael Agee did through their songs, and as John Morgan did with the prayer and reading of the statement before the tithes and offerings, to name a few of the participants during that June service. The message for this Memorial Day was delivered by our own Pastor West. He based his words on the theme, of our anniversary and emphasized that through it all, it has been God whom we have followed.

The anniversary celebration occurred on June 10<sup>th</sup>. This service afforded us the opportunity to recognize our own members' and history that embodied our theme: "Generations Moving Forward... legacy, love following God out of the Past into the Future". This was exemplified through the generational litany delivered in four parts by each member of the Daniel and Renee Agee family. It was also demonstrated through the reading of the Armstrong legacy at the church. This was given by Pat Armstrong Lewis. As a member who can claim to be part of 5 generations at the church, she discussed her parents and their service, as well as grandfather and his service at the church. Mrs. Carol Preston, a member of the anniversary committee also reminisced about her 71 years as a member of the church.

Included here are pictures of generations of Mount Airyans who continue to move forward following God.

**HEALTH NEWS YOU CAN USE: Men and Stress**

*by Dr. Robin Kelley*

Many men have a great deal of stress. They are under the strain of job searching or even finding work and enduring the stress of working at a job that is not appropriate. Some men are living with significant health concerns and these concerns, coupled with trying to provide for families can be

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overwhelming. Some fathers become depressed, or feel overwhelmed and may tend to drink too much or even to run away from their families. Others bear it in silence or try to self-medicate with drugs or alcohol. Below are some tips from an everyday health.com website to help men, particularly fathers, cope with stress in a healthier way.

### **Tips for Dealing with Stress:**

- **Exercise regularly.** **Exercise** has been proven to reduce stress levels, helping you burn off pent-up energy and tension. It also improves overall health.
- **Eat and sleep well.** Good nutrition and 6 to 8 hours of sleep each night can help your body recover from past stress and be better prepared to deal with new stress.
- **Meditate.** Spend at least 15 to 20 minutes a day in quiet contemplation. It might like to devote the time to meditation or prayer, Breathe deeply and clear your mind.
- **Solve the cause of your stress.** Dealing with the problems that cause tension can relieve you of that stress. Inaction just allows it to build. If your neighbor's dog barks constantly, talk with him about it. Talk to your boss to figure out solutions for problems at work. Ask for help if you can't meet all the demands placed on you.
- **Avoid stressful situations.** Recent research suggests that men's stress levels soar 60 percent in traffic jams — seven times higher than women's. If possible, time your driving to avoid rush hour. If possible, cut down on the time you spend with people who get on your nerves.

- **Accept things you can't change.** There are going to be things in your life that you can't control, for example, there's no use allowing rain to bother you — how would you change the weather? Instead, look for ways to enjoy uncontrollable circumstances.
- **Don't take on more than you can handle.** Stress can occur by over-scheduling ourselves and failing to say no. Don't overpromise, and give yourself time to finish the things you do agree to tackle.
- **Try a “glass half full” attitude.** Looking on the sunny side can make a world of difference. Having a negative outlook can turn even the most minor annoyances into huge problems in your mind.
- **Tackle first things first.** Determine the most important of the tasks you're trying to handle and methodically completing those first, then moving on to less critical jobs. Resist trying to do multiple projects at once.
- **Savor your victories.** When you accomplish a personal goal or finish a major project, do something nice for yourself. It can help reduce stress and increase men's health and men's health matters! ■

### **RECIPE: Layered Pea Salad**

*by Newsletter Ministry*



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Layer in a bowl: ½ head of lettuce  
1 bag of frozen peas  
(thawed but cold)  
½ chopped onion  
3 stalks of celery

**Dressing:**

1 cup mayo  
1T sugar or Splenda  
packet  
1 tsp. Paprika  
1 tsp. lemon juice

Sprinkle with Parmesan cheese and top with  
1 pound of cooked crispy bacon. 🍷

**Did You Know...WATER?**

*by Newsletter Ministry*

Did you know that about 90% of heart  
attacks occur early in the morning and it can  
be minimized if one takes a glass or two of  
water, and no other beverage before retiring  
before retiring in the evening.

\*Drinking water at the correct time  
maximizes its effectiveness on the Human  
body:

\*2 glasses of water after waking up - helps  
activate internal organs

\*1 glass of water 30 minutes before a meal -  
helps digestion

1 glass of water before taking a bath - helps  
lower blood pressure

1 glass of water before going to bed - avoids  
stroke or heart attack\*\* 🍷

**FOR YOUR MEDITATION:  
"COVERED"**

**Me** (in a tizzy): God, can I ask you  
something?

**GOD:** Sure.

**Me:** Promise you won't get mad?

**GOD:** I promise.

**Me** (frustrated): Why did you let so much  
stuff happen to me today?

**GOD:** What do you mean?

**Me:** Well I woke up late,

**GOD:** Yes

**Me:** My car took forever to start,

**GOD:** Okay....

**Me** (growling): At lunch, they made my  
sandwich wrong and I had to wait

**GOD:** Hmmmm..

**Me:** On the way home, my phone went dead,  
just as I picked up a call

**GOD:** All right

**Me** (loudly): And to top it all off, when I got  
home, I just wanted to soak my feet in my  
foot massager and relax, but it wouldn't  
work. Nothing went right today! Why did  
you do that?

**GOD:** Well let me see..... the death angel  
was at your bed this morning and I had to  
send one of the other angels to battle him for  
your life. I let you sleep through that.

**Me** (humbled): Oh...

**GOD:** I didn't let your car start because there  
was a drunk driver on your route that might  
have hit you if you were on the road

**Me** (ashamed): .....

**GOD:** The first person who made your  
sandwich today was sick and I didn't want  
you to catch what they have, I knew you  
couldn't afford to miss work

**Me** (embarrassed): Oh.....

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**GOD:** Your phone went dead because the person that was calling was going to give a false witness about what you said on that call, I didn't even let you talk to them so you would be covered

**Me** (softly): I see God

**GOD:** Oh and that foot massager, it had a short that was going to throw out all of the power in your house tonight. I didn't think you wanted to be in the dark.

**Me:** I'm sorry God.

**GOD:** Don't be sorry, just learn to trust me.....in all things, the good and the bad

**Me:** I WILL trust you God

**GOD:** And don't doubt that my plan for your day is always better than your plan

**Me:** I won't God. And let me just tell you God, thank you for everything today.

**GOD:** You're welcome child. It was just another day being your God and I love looking after my children.

We need to be reminded from time-to-time just how much God loves us and keeps us under His cover.

***Scriptural References:*** *II Samuel 22:31, Proverbs 3:5, Hebrews 2:13 "The generous will prosper; those who refresh others will themselves be refreshed..."(Proverbs 11:25) In all things give thanks. 1 Thes 5:18*☐

### DIRECTIONS TO OUR FATHER'S HOUSE.

Make a Right onto BelievetH Blvd.  
Keep straight and go through the Green Light, which is Jesus Christ.  
There, you must turn onto the Bridge of Faith, which is over troubled water.

When you get off the bridge, make a Right turn and Keep Straight.

You are on the King's Highway - Heaven-bound.

Keep going for three miles: One for the Father, One for the Son, and One for the Holy Ghost.

Then exit off onto Grace Blvd.

From there, make a Right turn on Gospel Lane.

Keep straight and then make another Right on Prayer Road.

As you go on your way, Yield not to the traffic on Temptation Ave.

Also, avoid SIN STREET because it is a DEAD END.

Pass up Envy Drive, and Hate Avenue.

Also, pass Hypocrisy Street, Gossiping Lane, and Backbiting Blvd.

However, you have to go down Long-suffering Lane, Persecution Blvd. and Trials and Tribulations Ave.

But that's all right, because VICTORY Street is straight ahead!

AMEN!!!! ☐



Peace and Blessings  
from God the Father  
and Our Lord Jesus Christ!